



Slow Cooker Venison Stew



Gluten Free



Dairy Free

READY IN



465 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 stalks celery diced
- ☐ 6 servings basil dried to taste
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup onion chopped
- ☐ 6 servings oregano dried to taste
- ☐ 6 servings salt and pepper to taste

- ☐ 2 pounds venison stew meat
- ☐ 1 cup tomato sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water

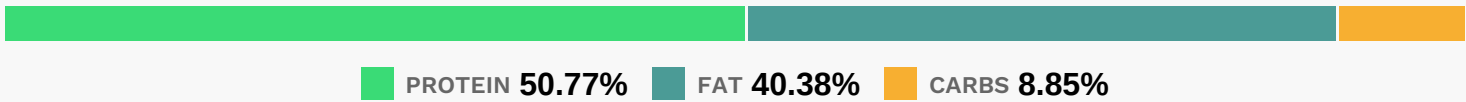
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Place the celery, onion, garlic, and parsley in the bottom of a slow cooker.
- ☐ Heat the oil in a large frying pan over medium-high heat. Brown the venison well in two batches, and add to the slow cooker.
- ☐ Season to taste with salt, pepper, oregano, and basil.
- ☐ Pour in the tomato sauce, red wine, and water. Cook on Low for 7 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.18, Inflammation Score:-8, Nutrition Score:22.708261054495%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 292.99kcal (14.65%), Fat: 12.3g (18.92%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 4.06g (1.48%), Sugar: 2.36g (2.62%), Cholesterol: 93.74mg (31.25%), Sodium: 491.08mg (21.35%), Alcohol: 2.1g (100%), Alcohol %: 0.97% (100%), Protein: 34.79g (69.58%), Selenium: 42.49µg (60.7%), Vitamin B6: 1.1mg (54.75%), Vitamin B3: 10.81mg (54.06%), Vitamin K: 51.52µg (49.07%), Vitamin B12: 2.8µg (46.62%), Zinc: 6.55mg (43.65%), Phosphorus: 350.9mg (35.09%), Iron: 4.9mg (27.23%), Potassium: 754.97mg (21.57%), Vitamin B2: 0.3mg (17.79%), Magnesium: 56.54mg (14.14%), Manganese: 0.27mg (13.44%), Copper: 0.24mg (12.1%), Vitamin E: 1.76mg (11.76%), Vitamin B1: 0.17mg (11.06%), Folate: 39.58µg (9.89%), Vitamin B5: 0.88mg (8.77%), Calcium: 87.32mg (8.73%), Fiber: 2g (8.02%), Vitamin A: 347.58IU (6.95%), Vitamin C: 5.69mg (6.9%)